

# The Transmutation of Thought

The measure to which thought influences the broader outlook on life; finds expression within the various forms an individual employs to convey conceptual ideas. Unless an individual is conscious of the link between thought and the corresponding action; manifestation will suffer as a direct result, as both are inextricably linked. Therefore, a positive outlook is required in order to create the change one desires. Since thought is the precursor to physical action. To directly influence the nature of the physical, it's necessary to start with the corresponding thought. If the desire to change is stronger than the desire to remain the same, thoughts will gravitate towards change with minimal effort. If change happens to align with one's personal aspirations adjusting to a different mindset should not be difficult. Should one consciously resist changing their outlook, the mind actively suppresses attempts to alter its worldview. This contributes to a reality, where expansive avenues of thought are suppressed.

This act of submission contributes to a mindset that is hostile to change. To this end, change is considered a threat to an individual's personal beliefs and aspirations. Therefore, the mind uses thoughts to shield itself from any perceived external threat; even if it sabotages one's personal interests. Unless one is conscious of the limitations that stem from a defensive mindset; making the necessary changes to align with a positive state of mind will not occur. As self-reflection is a crucial part of the process. Once an individual comes to the realization that defensive thought patterns restrict the ability to expand consciousness; the decision to part with ideologies that no longer align with personal interests will likely occur. For an individual naturally seeks to broaden their comprehension of the wider world. Unless one encounters a situation, where hardship undermines a positive outlook; an optimistic point of view is usually the norm. The cultivation of thought helps an individual develop a broader understanding of the external world, and their place in it.

For an individual to move beyond a mindset of insulated thought, requires a genuine sense of curiosity. As curiosity leads to a desire to comprehend a subject in greater detail. Unless a defensive mindset is prepared to pivot, one's true potential may never be realized. Without consciously making a decision to change, an individual can't explore possibilities that exist beyond their current circumstances. This limited perspective keeps an individual trapped in the dark. Painting a dire picture of lack and limitation. The decision to part with societal expectations, to pursue goals that align with one's authentic interests; clears the way for exploration and growth. Although it may

come at a heavy cost, in order to grow change is necessary. The countless hardships one endures, reveal aspects of inner strength rarely touched upon. Once an individual sets their mind on a beneficial outcome, the undertaking begins in earnest. Through consistent effort, the journey toward a new comprehension of reality unfolds. The limited perspective of old, slowly falling away as leaves from the branches of a tree.